

Hope this finds you well.

Just dropping an email about my personal journey with ADHD in Jersey over the last 2 years after reading your article.

I'm Jersey born, 38 and have been working in construction since leaving school. Unfortunately, I went through school, which was challenging, when ADHD and ASD wasn't anywhere near recognized as it is now.

Due to the ridiculously unacceptable government based waiting list, my experience has been quite stressful, costly and only seems to be getting worse due to government decisions. This has not helped with me understanding my diagnosis or taken into account what challenges those with ADHD and Autism face.

I have paid for the initial ADHD and ASD combined diagnosis, I have and continue to pay for a private psychiatrist which has now relaxed to 4 half session appointments over the year.

Although not required for the medication, I have also made the choice to pay for private psychologist sessions due to the lengthy waiting lists since my initial diagnosis, I feared continued and ongoing '**waiting**' would prove detrimental to my mental health.

To date these medical appointments and medication has cost £5,453 and obviously due to the situation in Jersey I see no change with this and expect continued cost if not increased prices and delays.

I speak of the financial aspects because money doesn't grow on trees and my funds are spread to say the very least.

I now have to pay for my medication and find an extra £1536 a year to cover the costs because I am not included in the Government of Jersey health care provision for these medical needs, whilst continuing to pay my contributions to Social Security and Income Tax.

Just on this brief email you can see how my personal experience is frustrating and costly. I feel discriminated against and would like to know if you would care to provide your personal thoughts and feelings as well as your professional responses and advice.